

てあら マスクと手洗い

1 Wearing a mask

Since the Coronavirus pandemic began, many people around the world have started to wear face masks. In some countries, it's almost expected to wear a mask as a matter of courtesy and safety. Do you have to wear a mask when you go outside?





In Japan, the general public are used to wearing masks, especially in the last 20 years. Japan has been producing masks to protect people from inhaling dust and becoming infected with viruses for over 100 years. Recently, a wide variety of masks have become available. For example, there are close-fitting masks, scented masks, masks designed for summer, and other types.

2 Make a mask with everyday materials

Wearing a handmade mask does not completely protect us from dust and viruses, but it helps to prevent the spread of infection. (<https://sonaeru.jp/goods/handiwork/groceries/g-11/>)

Choose one from the how-to videos listed below, and make your own original mask.

| | | |
|--|--|--|
| <p>A: Using cloth ちよっとむずかしい <i>Requires a needle and thread</i></p> | <p>B: Using kitchen paper かんたん</p> | <p>C: Using a handkerchief いちばん 一番かんたん</p> |
| <p>https://www.youtube.com/watch?v=T1D-CmxxPjo</p> | <p>https://www.youtube.com/watch?v=c7-oE_xBDSA</p> | <p>https://www.youtube.com/watch?v=PGug3ZZPp_k</p> |
|  |  |  |

Write up the procedure for making your mask in Japanese.

3 The story of Japanese masks

Yukiko Iida is an expert on masks. A group of students from Tokyo International University interviewed Ms. Iida and gained interesting knowledge about masks. You may check the vocabulary and expressions before reading, if you like.



マスクのれきし

むかし、日本では、石炭^{せきたん}などの採掘現場^{さいくつげんば}がたくさんありました。そこでは、ほこりがいっぱい、そのほこりをすって死ぬ^し人がたくさんいたんです。それで、そういうところで働く^{はたら}人たちのためのマスクができました。

20年くらい前までは、とくべつな仕事^{しごと}をしている人だけが、マスクをつけていました。でも、その後、日本の近くで MERS や、鳥インフルエンザや、SARS がありました。そして、花粉症^{かふんしょう}や PM2.5 もあって、たくさんの人がマスクをするようになりました*。 *Many people started to wear a mask.

マスクの使い方** **How masks are used

もともと、体に悪い^{からだわる}ものをすいこまないため、それから自分が病気の^{びょうき}時に、他の人^{ほか}にうつさないために、マスクをつけていました。でも今は、すっぴんをかくすためにマスクをつける人や、マスクをつけたら安心^{あんしん}するから、マスクをしている人がふえています。これは、新しい^{あたら}マスクの使い方^{つかかた}だと思います。最近^{さいきん}は、かわいいマスク、やわらかいマスク、女の子のマスクなど、いろいろなしゅるいがあります。

みなさんへのアドバイス

いいマスクでも、ちゃんとつけないと効果^{こうか}はありません。まず自分に合った^あサイズのマスクを見つけることが大切です。そして、正しく^{ただ}つけて、ウイルスをカットしてください。

Questions

- a) Highlight all the relative clauses used in the article. Then, write them in the table below. Translate them into English. The first one is done for you.

| | Relative clause in Japanese | English translation |
|---|-----------------------------|---------------------------------------|
| 1 | ほこりをすって死ぬ ^し 人 | People who die from inhaling the dust |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |

- b) What was the starting point for wearing masks in Japan?

c) Why have many people started wearing masks in the last 20 years?

d) Explain how masks are used in Japan these days.

e) What kind of masks are available now in Japan?

f) Explain Ms. Iida's advice.

Vocabulary and expressions

| | | | |
|------------------|--|-------------------------------|---|
| せきたん 石炭 | coal | PM2.5 | fine particulate matter (an air pollutant that is a concern for people's health when levels are high) |
| さいくつげんば 採掘現場 | mining site | もともと | originally; initially |
| ほこり | dust | からだ わる 体に悪いものを すいこまないため | in order not to inhale something bad for health |
| すって (すう) | to inhale | ほか 他の人にうつさない ために | in order not to transmit to others |
| し 死ぬ | to die | すっぴんをかかくす ために | in order to hide their face when not wearing make-up |
| とくべつな仕事 している人 | people who do specialized work (= specialists) | マスクをつけたら あんしん 安心するから | because they feel at ease when they wear a mask |
| MERS | Middle East respiratory syndrome (first reported in Saudi Arabia in 2012) | しゅるい いいマスクでも | type, variation even if it's a good mask |
| とり 鳥インフルエンザ | bird flu; avian influenza | ちゃんとつけない こうか と効果はありません | unless you wear them properly, there's no effect |
| SARS | severe acute respiratory syndrome (recognized at the end of February 2003) | 自分に合ったサイ ズ | the right size for you |
| かふんしょう 花粉症 | hay fever; allergy to pollen | ウイルスをカット して | block viruses (protect yourself from viruses) |

For an online quiz, go to <https://www.studystack.com/quiz->

4 Washing hands effectively



a) Along with wearing a mask, washing your hands is another important step to stop infections from spreading. But how should we wash our hands? Let's

watch the members of ^{あらし}嵐, a popular Japanese idol group, show an effective way to wash your hands!

<https://www.youtube.com/watch?v=jSM0h8VPSZk>

b) Around the two-minute mark in the video, Arashi start demonstrating how to do proper hand washing. As you watch them, figure out the meaning of the following words. You may also use your dictionary.

| | | | |
|------|--|------|--|
| せっけん | | ゆびさき | |
| 手のひら | | つめ | |
| 手のこう | | おやゆび | |
| ゆび | | てくび | |

Hint: Choose the correct word from below.

wrist fingers thumb palms back of the hands fingertips soap nails

c) Here are the actions in the order they are done in Arashi's demonstration. Match the Japanese to the correct English.

| | | | |
|----|--|---|----------------|
| 1 | Wet the hands with water (and turn off the tap). | a | ゆびのさきを あらいます。 |
| 2 | Apply soap. | b | きれいなタオルでふきます。 |
| 3 | Rub the palms together (to make a lather). | c | ゆびのあいだを あらいます。 |
| 4 | Clean the back of the hands. | d | 水で あらいながします。 |
| 5 | Clean between the fingers. | e | みずで 水をぬらします。 |
| 6 | Clean the fingertips. | f | 手のひらをこすります。 |
| 7 | Clean the thumbs. | g | てくびを あらいます。 |
| 8 | Clean the wrists. | h | おやゆびを あらいます。 |
| 9 | Rinse off with water. | i | 手のこうを あらいます。 |
| 10 | Dry with a clean towel. | j | せっけんをつけます。 |

d) Create a bilingual poster about hand washing using the words and expressions you learned. You may refer to the examples below, if you like.



Put the poster up where you wash hands so that it reminds you and your family how to do it effectively.